



# Better by Bike

## Struggling with transport?

Better by Bike is a new programme hoping to increase the money in your pocket by making cycling your main form of transport. It is primarily focussed on parents struggling financially due to lack of local work or high transport costs.

Participants will receive a free bike, helmet and tools

From complete beginner to confident commuter.

Bike for Good's qualified instructors will work with you over several weeks to train you in the skills required to navigate the city safely by bicycle. We'll cover everything from a block of on-road lessons, to how to deal with the weather and how to maintain your bike.



### You'll get:

-  National Standard Cycle Training
-  A free bike at end of course
-  Tools and equipment
-  Mechanical skills and route planning

# What to expect?



"Thanks to them, I now cycle all around Glasgow, make the best use of my time, and have been able to take on work that would otherwise have been impossible.

You didn't just give me a bike; you changed everything for me. My heartfelt thanks to you all."

**Alireza Sedaghatdoust**

## Applicants must:

- be of working age
- be seeking greater income through more work or education
- reside within the Glasgow area
- be a Parent or Guardian of a child or young person 18 or under
- find transport costs are a barrier to change
- be interested in exploring cycling as a solution

This work, delivered in partnership with SPT, is part of a £19 million Scottish Government investment announced as part of the Tackling Child Poverty Delivery Plan, which will support measures to address the affordability, accessibility and availability barriers of transport to employment, helping to address the cost of living crisis and child poverty by saving people money in travelling to work and opening up opportunities for employment and skills training that will increase household incomes.



**bike for good**



**Better by Bike**